



**HUSKIES PREVAIL
AXEMEN DEALT FIRST
LOSS IN DEFENSIVE
BATTLE** {page 20}

PRIORITIES

SHOWBIZ TRUMPS WEDDING FOR COWELL

{page 12}



HALIFAX

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Monday, October 3, 2011
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News worth sharing.

FIFA weighs Halifax bid

► Kelly says stadium isn't a question of if, but when ► HRM has spent \$375K so far on two stadium studies ► First study projected an annual operating loss of \$475K for a 10K-seat stadium



**ALEX
BOUTILIER**
@METRONEWS.CA

Representatives from FIFA and the Canadian Soccer Association said they're satisfied with the HRM's progress toward erecting a suitably sized stadium to host the 2015 Women's World Cup.

FIFA and the CSA were in Halifax yesterday for a "site inspection" — a difficult task, given that there's still no site.

But Peter Montopoli, the general secretary of the CSA, said he had been given assurances that the municipality will have a decision on a proposed 10,000- to 20,000-seat stadium by the end of the year.

"The city has given us a deadline that it's the December time frame of 2011, and we're comfortable with that," said Montopoli.

Next step

► FIFA and the Canadian Soccer Association will further evaluate bids to host part of the 2015 Women's World Cup over the first six months of 2012.

► It's anticipated a minimum of six Canadian cities will host matches during the tournament.

"That's our expectation."

Montopoli downplayed the effect of the city's stadium deficiency on Halifax's bid to host some of the tournament's matches. But Tatjana Haenni, FIFA's head of women's competition, admitted it's a concern.

"Here in Halifax, obviously the big question is the stadium," said Haenni.

"(But) FIFA would be pleased if some matches can be played in

Halifax. It would be great to (have) a coast-to-coast event."

Halifax regional council approved a \$275,000 Phase 2 study on the viability of a stadium on Aug. 9 — though not without debate. Coun. Reg Rankin attempted to reopen that debate last month by reversing the decision, but CAO Richard Butts awarded the contract a day before Rankin had the chance.

That study, which will set out a design, location and price tag for the proposed stadium, will come before council in December. Council must then decide whether to go ahead with the stadium — projected to run a net operating loss of \$475,000 a year — or miss out on the tournament.



For more news, visit
metronews.ca/halifax



► A man holding a CIBC Run for the Cure sign crosses the finish line at yesterday's run in Halifax. More than 8,500 runners took part in this year's race in Halifax despite heavy rains. For more on raising breast-cancer awareness, turn to pages 3 and 15-17.

PHILIP CROUCHER/METRO

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Survivors, supporters take to the streets

► In 2011, 420 women will die from breast cancer in Atlantic Canada: Canadian Breast Cancer Foundation ► Run for the Cure is the largest single-day, volunteer-led fundraising event for breast cancer in Canada



It's been 18 years, almost to the day, that Danielle Keough's mother passed away from breast cancer.

And although it was tough to tell which were tears and which were raindrops running down her face yesterday, Keough's reason for walking in the 2011 CIBC Run for the Cure was clear.

"My mother was a very special person, so we're here today in her honour," said the Halifax native, adding her maternal grandmother and aunt also passed away from breast cancer, and she has a cousin who survived the disease.

Keough was one of about 8,500 people who braved the rain for the run yesterday morning.

People young and old flooded Halifax's South Common for the 20th annual event.

A sea of people dressed in pink clothes and rain gear made the one-kilometre or five-kilometre trek around downtown Halifax, beginning and ending at Trollope Street.

Mount Uniacke resident

"We've been running for the last 11 years and haven't missed one yet, rain or shine."

DANIELLE KEOUGH



► A participant gets a high-five from a volunteer as she crosses the finish line at yesterday's CIBC Run for the Cure in Halifax.

Debbie Jones said the cause is important to her because it could have taken her life.

"I'm a survivor of seven years. It's a done deal. Done, over, and never to happen again," said Jones, who was accompanied by a group of family, friends and a vibrantly dressed dog named Gus.

Jones said, aside from celebrating her survival, she was also walking to support "anyone else who

has ever had it, or will have it, or anyone that didn't make it."

"It's always good to give back. When something has been taken from you or something has happened to you ... you need to give back. And we need the help."

CIBC Halifax's team raised more than \$19,000, while the top online fundraiser yesterday was Donald O'Brien with more

\$1.015M
The amount of donations raised in the Halifax region for the 2011 Run for the Cure as of Oct. 2.

than \$12,000.

All donations head to the Canadian Breast Cancer Foundation for breast-cancer research and community-health projects.

3 dead in weekend road accidents

Three people were killed in two separate accidents on Nova Scotia roads.

One man is dead and two other men injured after a two-vehicle collision Friday night on the north end of Barrington Street under the MacKay Bridge.

The crash around 9

p.m. involved one vehicle driven by a 35-year-old with no passengers and another with a 61-year-old driver and a 67-year-old passenger.

Police say all three men were rushed to hospital where the 67-year-old was pronounced dead.

Also from the weekend, the RCMP say two people were killed after a head-on crash in fog and rain on Highway 103 near Chester.

Two cars collided on Saturday around 2:40 p.m., resulting in the two fatalities and sending one

Names withheld

► The names of those killed haven't been released.

man to hospital in critical condition.

THE CANADIAN PRESS

Man stabbed in chest after break-in

Police say a 19-year-old male was stabbed in the chest after a group of people armed with knives broke into a Halifax apartment on Saturday night.

Halifax Regional Police say the 7 p.m. incident in the 2000 block of Brunswick Street saw between four to five males enter the apartment, with one suspect stabbing the victim after receiving cash and other personal care items.

The victim was taken to hospital with serious but non-life-threatening injuries. ●METRO

18 Police say an 18-year-old suspect was later arrested. Police also say the suspect and victim are known to each other.

Fight at party sends one to hospital

Police say a 23-year-old man was stabbed in the leg several times after a party at a Halifax apartment.

Officers were called to South Park Street Saturday at 3 a.m. after a fight broke out between two males.

Police say one of them pulled out a knife and stabbed the other several times. The suspect left before police got there.

Police say the victim was treated in hospital for non-life-threatening injuries.

THE CANADIAN PRESS



► Darrell Dexter

Extension for CB railway subsidy

The Nova Scotia government is extending its \$2-million annual subsidy for Cape Breton and Central Nova Scotia Railway.

Premier Darrell Dexter made the announcement Friday in Sydney. He says the funding for capital and maintenance costs will continue for another three years. THE CANADIAN PRESS

1

news

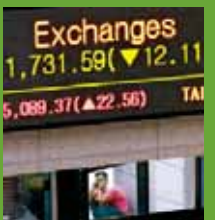

Two new reports from Oxfam paint an unnerving portrait of Afghanistan's human-rights record. Scan code for story.

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On the web at **metronews.ca**



The persistence of the European debt crisis likely means we're in for another up-and-down week on the stock market. Video at metronews.ca/video

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Former coach gets 4 years in prison for sex crimes

A former Dartmouth volleyball coach received a four-year prison sentence on Friday for sex crimes involving a 17-year-old girl.

Joseph Emile (Luc) Potvin, 53, pleaded guilty in July to four sex-related charges including one count of luring a child over the Internet for a sexual purpose, one count of sexual exploitation of a young person by a position of trust or authority; making child pornography, and sexual assault — all stemming from offences committed between February and May 2010.

In mid-September, the teenaged girl addressed



► Joseph Potvin at Dartmouth provincial court during his sentencing hearing last month.

the court in a statement describing how the assault brought on an eating disorder, anxiety and depression. "No one will ever under-

stand what it was like. No one."

Friday's sentencing was handed down at Dartmouth provincial court. ●METRO

RYAN TAPLIN/METRO

Worst of Ophelia may now be over

► Showers and drizzle are expected to continue today, tomorrow and Wednesday: Environment Canada



ALY THOMSON
HALIFAX@METRONews.ca

HRM residents will have likely slept through the brunt of hurricane Ophelia last night.

The region was expected to see 30 to 40 millimetres of rainfall overnight Sunday as the storm grazed the shores of Nova Scotia, the Canadian Hurricane Centre in Dartmouth reported yesterday.

"It's moving very quickly and is expected to turn southeast of Sable Island," said Chris Fogarty, program supervisor with the centre, in a teleconference from Dartmouth yesterday afternoon.

100 The closest, in kilometres, Ophelia was expected to get to Nova Scotia, southeast of Sable Island.

Dangerous surf conditions were expected along shorelines in Halifax and Guysborough counties and up into Cape Breton, said Fogarty.

"That would be the most direct effect from this storm ... in addition to the rainfall," he said.

Fogarty said potential downpours of 15 millimetres per hour could cause some flooding in low-lying areas, but there is "no major concern."

Ophelia was a very pow-

erful Category 4 hurricane, but not for long, he said on Saturday evening.

"This one is weakening a lot quicker than others we have seen in the past, so even though it was a Category 3 early today, it will weaken quite considerably," said Fogarty, adding Ophelia should be just below a Category 1 hurricane today.

But Ophelia isn't entirely to blame for all of the wet weather. Fogarty said yesterday's rainfall in the morning and afternoon were brought on by a different weather system.

He also said Ophelia should hit southern Newfoundland around 9 a.m. this morning.

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Councillors concerned over funding direction

▶ **McCluskey says too little funding being spread over too many business improvement districts**



ALEX BOUTILIER
@METRONEWS.CA

Halifax regional council is set to consider expanded uses for public funding to business-improvement districts.

But some councillors are concerned that, while the number of BIDs increase, too little funding is being spread over too great an area.

The municipality has eight BIDs, composed of local business types who split \$100,000 in municipal discretionary funding. Each BID must chip in a dollar for every discretionary dollar spent — in other words, to be eligible for \$10,000 in municipal funding, the BID



▶ **Gloria McCluskey**

must contribute \$10,000 of its own revenue toward a project or projects.

In the past, discretionary funding was limited to marketing initiatives. But under the new policy being considered tomorrow, municipal money can be spent on things like safety and security, business recruitment and retention, and heritage conservation.

Despite the new eligible

uses, the overall funding package remains the same.

"We have too many business improvement districts now, for the amount of funding we have," said Dartmouth Centre Coun. Gloria McCluskey yesterday.

"They're springing up all over the place, and that's great ... but then there's not that much money to go around to make any real difference.

Fairview-Clayton Park Coun. Russell Walker said municipal staff is currently working on a review of the overall BID policy. Once complete, the report will be given to the audit and finance committee, which McCluskey and Walker sit on.

Women come forward over photos

Two women contacted Halifax police Friday to confirm they are among four unidentified females in photos that appear to be taken inside dwellings without their knowledge.

The photos were distributed to the media Thursday. The faces of two of the women are clearly visible, and two of the photos appear to be taken through a window screen.

"If the pictures were taken without the individuals' consent, there's the potential for a criminal offence," said Const. Brian Palmeter. "This is why we need to speak to these women."

THE CANADIAN PRESS

The photos

▶ The photos were seized during the course of an investigation, but Palmeter declined to release details.

News in brief

RYAN TAPLIN/METRO



▶ **Graham Steele**

Drivers could see slight increase with insurance reforms

Changes to Nova Scotia's auto insurance could cost the average driver up to \$7.50 extra a year in premiums. The province's Utility and Review Board has estimated the cost of giving drivers more flexibility in choosing the type of auto insurance they

want. Drivers would have a few options, including enhancing their insurance for an annual cost of between \$6 to \$7.50 or scaling it back to basic coverage. Finance Minister Graham Steele asked the board to outline the costs of the changes after receiving a report last spring that recommended giving consumers more choice in their policies.

THE CANADIAN PRESS

Correction

In the story, HRM gets failing grade, Metro Halifax, Sept. 30 to Oct. 2, it was incorrectly reported HRM received an F grade in both speed of disclosure and completeness as a part of a freedom of information request audit by Newspapers Canada. The grade was for Nova Scotia municipalities as a whole, which included HRM.

● METRO

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IWK Health Centre
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Donna Gilmour
Surgeon and Researcher
at the IWK

Serbian police detain extremists

► Gay pride event and anti-gay protests banned due to fears of violence ► Authorities criticized for plan

Serbian police detained six people yesterday and prevented a gathering of a pro-Russian far-right group that threatened to burn an EU flag and spit on the portrait of the U.S. ambassador in Belgrade.

Riot police were deployed in large numbers across the capital to enforce a ban on a gay pride event and anti-gay protests, fearing large-scale violence.

Police issued the ban on any gathering this year, saying that extremists had planned to set fires in Belgrade and provoke clashes that could lead to bloodshed and wider unrest. Gay groups have accused authorities of backing down and allowing extremists to win.

Serbia has faced Western pressure to protect gay and other human rights

100

Number of people who were injured during last year's gay pride parade in Belgrade.

activists if it wants to one day join the European Union.

The six who were arrested on Sunday in central Belgrade had masks and baseball bats, said senior police official Srdjan Grekulovic.

Police also prevented a protest on nearby Mount Avala by the Nasi group — an affiliate of a Russian organization of the same name — which was going to burn the EU flag and spit on Ambassador Mary Warlick's portrait, Grekulovic said.

Nasi said that police took away the portrait of Warlick, who earlier this week publicly supported Serbia's gay pride march and urged the Serbian authorities to secure the event.

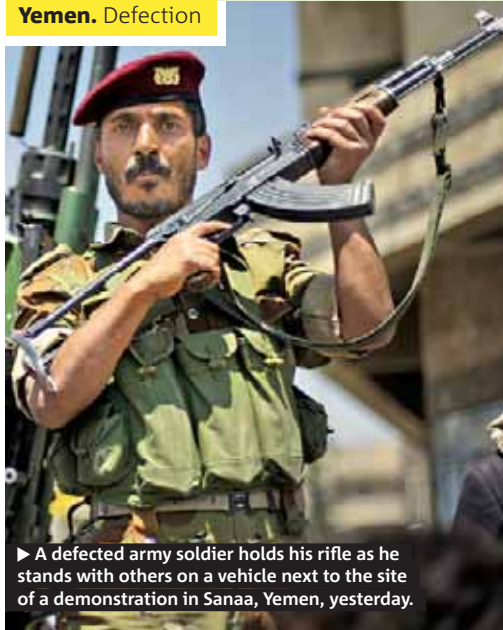
The gay activists held an "indoor pride" event in a conference room in downtown Belgrade. They said the state ban of their gathering showed the country's weakness in the face of violent threats by extremists.

"This is the only pride we could hold," said Goran Miletic, one of the organizers.

EU official Jelko Kacin said the pride ban will affect EU member states when they decide on Serbia's bid to formally become a candidate for membership this year.

THE ASSOCIATED PRESS

Yemen. Defection



► A defected army soldier holds his rifle as he stands with others on a vehicle next to the site of a demonstration in Sanaa, Yemen, yesterday.

HANI MOHAMMED/THE ASSOCIATED PRESS

Soldiers killed by warplane

Calls for the resignation of Yemen's President Ali Abdullah Saleh continue to grow a day after a government warplane bombed an army position in southern Yemen, killing at least 30 soldiers. The strike appeared to be a mistake, but the soldiers hit were from a unit that had defected to side with protesters seeking the president's ouster.

Biden's brother OK after powder scare

The brother of Vice-President Joe Biden says he was kept overnight at a Florida hospital after opening a suspicious package containing a powdery substance.

The envelope was mailed to Francis Biden's Ocean Ridge home. Biden tells The Palm Beach Post that his girlfriend retrieved the package from his mailbox Saturday afternoon, but that he opened it.

Biden says white powder spilled from the envelope onto his skin. He says he immediately called authorities, who evacuated neighbours and closed the street.

Biden and his girlfriend were taken to a hospital. The woman was released Saturday, and Biden was released yesterday morning.

THE ASSOCIATED PRESS



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Australia	1.9 ¢/min	Israel	1.9 ¢/min	South Korea	2.9 ¢/min	Sri Lanka	9.9 ¢/min	Trinidad	4.9 ¢/min
Bosnia	13.9 ¢/min	Italy	1.9 ¢/min	Lebanon	7.9 ¢/min	Mexico	1.9 ¢/min	U.A.E.	14.9 ¢/min
China	1.9 ¢/min	Lebanon	7.9 ¢/min	Pakistan	5.9 ¢/min	Philippines	11.9 ¢/min	U.K.	2.9 ¢/min
Colombia	3.9 ¢/min	Mexico	1.9 ¢/min	Russia	1.9 ¢/min	Vietnam	4.9 ¢/min	Serbia	7.9 ¢/min
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Dewar enters NDP leadership race

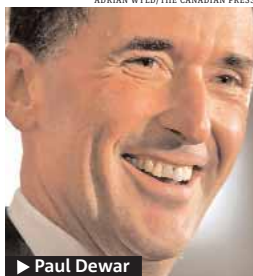
► Worked as aid worker in Central America, public school teacher, union executive before winning at polls

Paul Dewar shunned flashy endorsements from party heavyweights as he yesterday launched a grassroots bid to lead the federal New Democrats.

Touting himself as a champion of the party's rank and file, the Ottawa MP surrounded himself with several hundred enthusiastic supporters to celebrate his campaign kick-off.

"Our New Democratic Party starts with the grassroots — pretty evident here today, I would suggest," Dewar told the cheering crowd crammed into a tiny room.

"For me and thousands like you, working hard,



► Paul Dewar

growing our party are the bedrock for electoral success."

Dewar's approach was in stark contrast to that of party president Brian Topp, the perceived frontrunner in the early stages of the race, which culminates with a leadership vote on

March 24.

Topp, the first out of the leadership gate, held a formal news conference to launch his bid last month, accompanied by former leader Ed Broadbent and Quebec MP Francoise Boivin.

With the party hoping to build on last May's historic electoral breakthrough in Quebec, Dewar frankly acknowledged his laboured French is a handicap. "French is very important to me and I'm working on it every day. It's a challenge but I will overcome this challenge and take on Stephen Harper in both official languages," he vowed.

THE CANADIAN PRESS



Art. Attack

► A woman checks out one of the three elements of Barricades 2011, a three-metre-tall caution-tape wall, on Toronto's Yonge Street Saturday night during the sixth instalment of the city's Nuit Blanche.

STEVE RUSSELL/TORSTAR NEWS SERVICE

Nuit Blanche celebrates creativity

The Barricades 2011 display had three common urban barriers: caution tape, plywood and police barricades. During Nuit Blanche, Toronto's downtown is transformed by the work of hundreds of artists in a celebration of contemporary art.

Redford downplays gender issue

Alison Redford, set to become the first female premier of Alberta,

downplayed the gender issue yesterday, saying party voters marked Xs not for

an X chromosome but for a broader desire for change. THE CANADIAN PRESS

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Time: 6pm: Refreshments, display and education
7pm: Presentation

Location: NSCC Waterfront Campus: The Presentation Theatre, Pleasant St., Dartmouth (across from Dartmouth General)

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Ashley Johnston

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EASTLINKtv

► Roderick Hazewinkel packs water samples into a cooler on the shore of the Athabasca River, down stream from many oilsands projects near Fort McMurray, Alta.



JEFF MCINTOSH/THE CANADIAN PRESS

Keeping close tabs on the oilsands

► Federal and Alta. governments pledged to upgrade monitoring last year following release of scathing reports

Rod Hazewinkel fills a jar with water from Alberta's Firebag River, a short helicopter ride from the oilsands. Tiny oil slicks bubble from the muck.

This spot, one of dozens monitored, isn't near any oilsands mines. The blobs floating down the river come from the oilsands — not the energy development that exploits them.

"There's a natural level of contamination," says Hazewinkel, a limnologist with Alberta Environment and the provincial scientist responsible for environmental monitoring. "Industrial contamination is a small part of that."

Last year, the federal and Alberta governments an-

nounced major revamps to how they track the impact of tens of billions of dollars in oilsands development.

Protesters have been citing environmental concerns in opposing TransCanada Ltd.'s proposed Keystone XL pipeline to the U.S. And, tomorrow, the federal auditor general is to release an assessment of how well Ottawa has kept up with the impacts.

"It's a world-class resource and it needs a world-class monitoring system to assure us that the resource is being developed sustainably and responsibly," says Dan Wicklum, Environment Canada's director of water science. "We must have that assurance in or-

der to do business." **THE CANADIAN PRESS**

Market moment

TSX



- 62.48
(11,623.84)

Dollar



- 1.07¢
(95.40¢ US)

Oil



- \$2.94 US
(\$79.20 US)

Natural gas

1,000 cu ft

\$3.666

(- 8.1¢)

Gold

contracts

\$1,622.30

(+ \$4.20)

DATA BY BLOOMBERG

Wall Street protesters keeping up the march

Protesters speaking out against corporate greed and other grievances were maintaining a presence in Manhattan's Financial District yesterday even after more than 700 of them were arrested during a march on the Brooklyn Bridge Saturday in a tense confrontation with police.

The group Occupy Wall Street has been camped out in a plaza for nearly two weeks, staging various marches, and had orchestrated an impromptu trek to Brooklyn. They walked in thick rows on the sidewalk up to the bridge, where some demonstrators spilled onto the roadway after being told to stay on the pedestrian pathway, police said.

The march shut down a lane of traffic for several hours. The majority of those arrested were given citations for disorderly con-



STEPHANIE KEITH/THE ASSOCIATED PRESS

► Police arrest a protester on New York's Brooklyn Bridge during Saturday's march by Occupy Wall Street.

duct and were released, according to police.

The group had meetings and forums planned for yesterday at Zuccotti Park, the private plaza off Broadway they have occupied.

Protesters also assembled Saturday in Albuquerque, N.M., Boston and Los Angeles to express their solidarity with the movement in New York.

THE ASSOCIATED PRESS

March footage

- The NYPD released video footage to defend its stance on the arrests made.
- Videos taken show a confusing, chaotic scene with some protesters screaming obscenities at police and officers struggling with people refusing to get up.

Seaway strike looms

Negotiators are trying to prevent a strike that would shutdown the St. Lawrence Seaway, a major North American shipping route. Some 450 workers — members of the Canadian Auto Workers union — are set walk off the job at noon today. The St. Lawrence Seaway Management Corp. said Friday that in the event of a strike the Seaway would be closed to all traffic. **THE CANADIAN PRESS**

Losing track of bad fruit

The Colorado cantaloupe crop that's linked to 84 illnesses and as many as 17 deaths in 19 states has travelled so far that producer Jensen Farms doesn't know where their fruit ended up. The company said last week that it can't provide a list of retailers because the melons were sold and resold. It named 28 states, but people in other states have reported being sick.

THE ASSOCIATED PRESS

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27 Canadians
are diagnosed
with a brain
tumour.**

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include:**

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double vision
Weakness
Personality
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Morning
nausea and
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IF IT AIN'T BROKE, DON'T FIX IT

URBAN COMPASS

STEPHEN KIMBER
METRO HALIFAX



A reporter had a question. Several.

Andrew Macdonald of allnovascotia.com was following up an HRM decision not to challenge a Supreme Court ruling that Polycorp Properties could develop a \$15-million, 66-unit condo project on Brunswick Street.

The municipality had refused to issue a development permit for the project because it claimed a never-officially-registered 1970 document reserved that land as playground.

The futile legal battle cost taxpayers \$150,000 in court costs, not to mention high-priced lawyers to fight it.

How much did those lawyers bill the city, Macdonald wanted to know? Did HRM's decision not to appeal reflect a "weak" city case? Is the city concerned taxpayers could

now be on the hook for even more since Polycorp is seeking damages for losses caused by the delays.

Reasonable questions.

In the B.B. — Before Butts — era, reporters would have simply picked up the phone, called the bureaucrat in charge and gotten answers.

But in May, HRM's new city manager, Richard Butts, issued a gag order — er, new "communications approach" for senior staff, effectively ordering them to refer all media inquiries to communications director Shaune MacKinlay "to ensure media responses are well co-ordinated and aligned across the organization."

Let's see. Every day, reporters — often more than one — from Metro, the Chronicle-Herald, CBC radio and TV, CTV, Global, 95.7

News Radio, allnovascotia.com, The Coast, Frank, occasionally the Globe and Mail, OpenFile, campus papers, local magazines and websites seek answers to HRM questions on deadline.

How many HRM communications staffers are solely responsible to respond to those inquiries? None.

On Wednesday just before 1 p.m., Macdonald emailed MacKinlay. MacKinlay was in a meeting. She said she'd look into it, but couldn't guarantee when. She didn't get back to him in time for his deadline.

The next day, Macdonald emailed MacKinlay, Butts and Mayor Peter Kelly asking the municipality to go back to its old way of dealing with media inquiries, which, he said, "worked fine ... was more accommodating to journalist deadlines and, truthfully, provided better insight as we got to talk to the expert at hand."

He did eventually get belated answers to his initial questions, but he's still waiting for replies from Kelly and Butts. So are we.

Care Bear count down — keep donations coming!

NEWS WORTH SHARING

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

Seven-year-old Josh Perry of Shelburne County is spreading good cheer in his community ... one teddy bear at a time!

What began as an envelope containing five dollars from mentor Shelley d'Eon, founder of a local cancer organization, has now become a mission of compassion. After thinking for three months about possible uses for

the money, he decided to buy five bears and give them to five seniors in a Yarmouth nursing home.

"I was given a challenge to make a difference. So I have chosen a 'beary' special lady to share this teddy bear with in the hopes that it might brighten your day," reads each card. Donations began coming in, and Josh now has

enough bears for every resident!

Help Josh's Caring Bears keep growing.

● CRAIG AND MARC KIELBURGER

Help the good news get around. Send your stories of local heroes and positive action to goodnews@metoweb.com and we will share them right here.

Tweets

- ▶ @scottsancton: Soggy but successful #RunfortheCure in #Halifax this morning. Congrats to everyone who came out, see you next year!
- ▶ @Dan_Bedell: Round of applause for #RunForTheCure participants in #Halifax and throughout #Maritimes today. Drenched from rain but still smiling.
- ▶ @simmshe Heavy: rain in Halifax now. Guess Ophelia is saying hello.
- ▶ @MamaK: Oh #Halifax, why must you be so rainy and humid? I have things to do yanno, and having bad hair and a rain jacket were not part of the plan
- ▶ @tofumatt: Something tells me I'm not taking my motorbike out today, eh Halifax?
- ▶ @modsuperstar: Why does riding in a cab in Halifax feel like you're taking your life in your hands?
- ▶ @Eldonko: Since when do bars in Halifax stop serving at 1? It used to be 2
- ▶ @TWRPband: MISSION ACCOMPLISHED. Thank you Halifax for violently throwing your bodies around The Seahorse in a reckless manner! #Halifax

Muddy. Waters



▶ People cover themselves with mud at the ancient baths at Tiernas in northern Spain.

ALVARO BARRIENTOS/THE ASSOCIATED PRESS

Photo of the day People flock to the area in the fall when the water level of Yesa reservoir is at its lowest. The water at the reservoir is said to have healing properties.

WEIRD NEWS

@thaiPM, you've been hacked

A mocking hacker took over the Twitter account of Thailand's recently elected PM yesterday, questioning her ability to defend the country if she cannot even secure her own tweets.

The unknown hacker ended a series of at least eight postings on the account of Prime Minister Yingluck Shinawatra with a taunt: "If she can't even protect her own Twitter account, how can she protect the country?"

Think about it."

Most of the messages accused Yingluck's government of incompetence and cronyism. Her Pheu Thai Party won a landslide election victory in July, but critics charge she is just a puppet of her brother, former Prime Minister Thaksin Shinawatra. Thaksin was ousted by a military coup in 2006 after being accused of corruption.

"This country is a business. We work for our allies, not for the Thai people. We work for those who support us, not those who differ with us," said one tweet. Another said: "Where are the opportunities for the poor? We use them, give them hope for votes so our own group can benefit." THE ASSOCIATED PRESS

Stars shine on Walk of Fame

► Comic Russell Peters, astronaut Roberta Bondar among six Canadians given stars

PHOTOS: AARON VINCENT ELKAIM/THE CANADIAN PRESS

Comic superstar Russell Peters showed up at Canada's Walk of Fame hoisting one of his greatest recent achievements — baby Crystianna, whom he clutched against his chest as he walked the red carpet to greet fans and media on Saturday.

The proud papa said it was the first red carpet gala for his 10-month-old daughter, “unless she’s been sneaking out at night and crawling on red carpets,” he quipped.

Peters was among six famous Canadians who were awarded stars on the Walk of Fame, including musician Burton Cummings, actress Sandra Oh, astronaut Roberta Bondar, tennis star Daniel Nestor and the late author Mordecai Richler.

“It’s very surreal because when I said I wanted to be successful I just meant, ‘Make a living,’ I didn’t really think, ‘Get a star,’ I didn’t think, ‘Have people know my name,’” Peters said later as he took the mic at an outdoor stage to acknowledge hundreds of fans who lined a red carpet on a frigid afternoon.

“To have people want to step on my (name) on the street is pretty cool. I can’t wait for when it’s really in the ground and somebody gets hammered and pukes on my name. Somebody better twitpic that to me as soon as that happens because that’s when I know I really came up.”

Before heading into a downtown theatre for a formal induction ceremony, a smiling Cummings said he

was especially proud to be honoured for a second time. He noted that he was recognized along with his band The Guess Who in 2001.

“The Walk of Fame is a huge deal — you consider the names that are down there, people like Donald Sutherland, legendary movie people, Ivan Reitman and (Dan) Aykroyd,” said the Winnipeg-born hit-maker.

Cummings said he was a big fan of Oh in particular, and referred to her 2004 comedy *Sideways* as “one of the greatest movies ever.”

Oh said she was thrilled to meet Burton Cummings and Bondar and expressed credulity that her signature will be on a Toronto sidewalk.

“It’s just quite hilarious and odd and I never thought that this would happen,” said Oh, now best known for her co-starring role on the TV medical drama *Grey’s Anatomy*.

Richler’s widow Florence attended on Richler’s behalf, and was escorted by their journalist son, Noah Richler. She said her husband would have been “amused” by the fanfare, adding that she herself felt the honour was “overdue.”

Movie star Ryan Reynolds was initially slated to be honoured, too, but organizers said he was unable to attend and would be inducted at a later date.

Many of the adoring fans turned out to see Toronto rapper Drake, who was to be presented with the Allan Slaight Award recognizing



► Musician Burton Cummings now has two stars on the Walk of Fame, one with his band The Guess Who, and now an individual star.

achievements by a young Canadian. But organizers said the rap superstar was running late and had to skip the red carpet.

Surrounded by glitz and glamour, Nestor called the experience “overwhelming.”

“I’m not used to the red carpet,” the towering tennis pro admitted as he walked down Yonge Street, which was shut down and swathed in red for the afternoon.

Bondar said she was inspired to excel by her family and high school teachers. “It’s good for Canada to be able to see there are other things besides sheer entertainment and comedy — that we can do other things and still be recognized,” said Bondar, who was the first Canadian woman and the second Canadian astronaut in space.

THE CANADIAN PRESS



► Singer Chantal Kreviazuk and her husband Raine Maida were on hand at the red carpet event to award stars on Canada’s Walk of Fame.

2

scene

Box office



A dolphin has dethroned *The Lion King* at the weekend box office. *Dolphin Tale* held up well with \$14.2 million in its second weekend to take over at No. 1 from *The Lion King*, which had been the top movie the last two weekends. Studio estimates Sunday showed *The Lion King* slipping to third-place with \$11.1 million, just behind Brad Pitt’s *Moneyball*, which was No. 2 in its second weekend.

THE ASSOCIATED PRESS



Russell Brand to be first guest on Rosie O’Donnell’s new Oprah Winfrey Network talk show.



Rick Howe
Weekdays
3 pm - 7 pm

They beg to differ.

News 95.7

ALL NEWS RADIO



Jordi Morgan
Weekdays
8:30 am - 12 pm

Reid gets small piece of Pie

Things could get awkward on the American Reunion set if the subject of paychecks ever comes up, as producers reportedly snagged a return appearance by Tara Reid for much less than other cast members.

Reid signed on with the picture — a sequel to the

1999 film American Pie — for a reported \$250,000, according to the Hollywood Reporter, while co-stars Jason Biggs and Seann William Scott each got \$5 million and a share of grosses. And How I Met Your Mother star Alyson Hannigan earned a reported \$3 million. ● METRO



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Talking points

Cowell admits show biz gets in way of his relationships

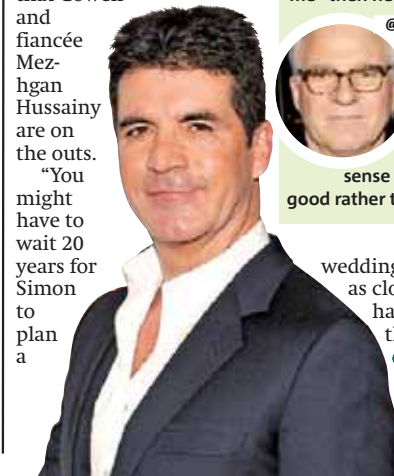
NOT ON THE OUTS Simon Cowell admits that with the X-Factor taking up so much of his time, his love life — and impending nuptials — have to take a back seat.

"It has probably been the busiest year I've ever had. Making the choice to get married is something you just have to decide when the time is right," Cowell says, according to Hollyscoop.

And his rep is quick to dash rumors that Cowell

and fiancée Meaghan Hussainy are on the outs.

"You might have to wait 20 years for Simon to plan a



Celebrity tweets



"When you ASSUME to know that which you know nothing of you make an ASS out of U and ME"



@aplusk



@joelmchale

"Come on guys, give it a break. Nancy Grace's nipple did not 'slip out'. It was trying to escape."

@JonahHill



"Saw a guy texting on a Segway. If he was texting anything but 'Everyone's laughing at me' then he was wrong."

@SteveMartinToGo



"After much thought, I have decided to use my sense of humor for good rather than for evil."

wedding, but they are as close as they have ever been," the rep insists.

● METRO

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VISIT TO ENTER

SUBJECT TO CLASSIFICATION

Recipes for happy guests

► You cooked a roast and cheesy bread then it hits you — one guest is a vegetarian and another is gluten intolerant ► Food blogger Beatrice Peltre shares ideas for all dinner guests

Preparation:

1 Heat the stock and set aside. Melt the butter in a large casserole. Add the olive oil and when warm, add the thyme, leek and shallot. Soften on low heat for a few minutes, stirring occasionally.

2 Add the garlic and lemon zest and cook for one minute. Increase the heat and add the rice. Coat well for 1 minute before adding the Vermouth. Cook until absorbed, while stirring. Add 1 cup of broth at a time, and wait until it is absorbed before adding more. When you have only 1/2 cup of stock left, add the peas and stock and continue to cook until the rice is al dente.

Vegetarian. Pea risotto with basil and lemon



again. Serve drizzled with olive oil.

Ingredients:

- 5 cups vegetable stock
- 1.5 tbsp unsalted butter
- 2 tbsp olive oil (more to serve)
- 1 twig lemon thyme
- 1 leek, white part only, finely chopped
- 1 shallot, finely chopped
- 1 garlic clove, peeled and finely diced
- Zest of 1 lemon
- 1.5 cup Carnaroli rice
- 1/4 cup Vermouth or dry white wine
- 5 1/2 cups vegetable broth
- 2 cups shelled green peas fresh or frozen
- 1/2 cup Parmesan
- 2 tbsp crème fraîche
- 10 basil leaves, chopped
- 1 tbsp parsley, chopped
- To serve, squeeze of lemon juice

3 Stir in the cheese, cream and herbs and stir. Stop

the heat, cover and leave to rest for 2 min-

utes. Squeeze lemon juice on top and stir

Gluten intolerant. Root vegetable soup

Preparation:

1 In a large pot, heat two tablespoons of olive oil over medium heat. When warm, add the onion, leek, thyme and

coriander. Cook for 3 minutes until the onion and leek are soft.

2 Add the garlic and cook 1 more minute. Add the sun dried tomato paste

and tomato and cook for 2 minutes. Add the rest of the vegetables, bay leaf, sugar and water. Season with salt and pepper, bring to a simmer and cover. Cook for 20 minutes. Discard the bay leaf and thyme.

Transfer the soup to the bowl of a food processor and purée until smooth.

3 For the garnish, in a frying pan heat 1 tablespoon of olive oil over medium heat. When

warm add the squash and season with salt and pepper. Cook 5-6 minutes until tender. Serve the soup in large bowls and top with the crème fraîche, squash, cheese, parsley and truffle oil.

Ingredients:

- Olive oil
- 1/4 chopped red onion
- 1 leek (white part only) chopped

- 2 twigs of thyme
- 1 tsp ground coriander
- 2 garlic cloves, minced
- 1 tsp sun dried tomato paste
- 1 tomato, peeled, cored,

- seeded and diced
- 1 large sweet potato and parsnip, peeled and diced
- 2 small turnips and carrots, peeled and diced
- 14 oz (400 g) peeled and

- diced red kuri squash
- 1 bay leaf
- 1 tsp sugar
- 5 cups cold water
- Garnish:**
- crème fraîche

- 1/2 cup finely diced red kuri squash
- crumbled soft goat cheese
- fresh parsley
- white truffle oil

3

life

Father death rates



Fatherhood may help keep a man alive. A study suggests dads are less likely to die of heart-related problems than childless men.

The study — by the AARP, the U.S. government and several universities — is the largest ever on male fertility and mortality, involving 138,000 men.

THE ASSOCIATED PRESS



Parenting advice book from teen perspective emphasizes open dialogue with kids.

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Calm down, stressed dad

► Jim Lin, the man behind Busy Dad Blog, teaches us how to chill ► According to Lin, the lesson here is: "Go with the flow. Parenting isn't that hard. You just need to understand that your priorities have shifted."



**MICHAEL
FREIDSON**
LIFE@METRONEWS.CA
METRO WORLD NEWS

I'm exhausted and all the baby wants to do is play.

Put your baby in the crib with a bunch of her favourite toys in it. Sit down next to the crib and play as long as you can. You will inevitably wake up in a pool of your own drool, with carpet fibres all over your face, but your baby will be safe (and usually asleep, too) in her crib. I have found that when your baby wants you to play, he or she is cool with you merely being in the room, even if you are snoring on the floor in your underwear.

We're late for an engagement in the big city —yet again. And the whole world seems to be walking slower, not making room for the stroller and all our stuff.

Don't even sweat it. If it's an event where you are bringing your baby, the person who planned the event should already know that your attendance will resemble that of the cable repairman: "Sometime between noon and 4 p.m."

My wife needs her sleep, the baby's crying but I absolutely have to take out the recycling and it's one thing too many



► No need to freak out, dads. There are answers to all parenting questions.



"Put the baby in a safe place (like her crib) and take out the recycling. She will not break. Trust me."

LIN OF BUSY DAD BLOG

for tonight.

As a new parent, you learn quickly that babies will cry. Put the baby in a safe place (like her crib) and take out the recycling. She will not break. Trust me.

The teacher has it out for my kid, I'm pretty sure.

This actually happened to us before. Sometimes, simply talking to the teacher and hearing her side of the story will do the trick. If the teacher sees that you recognize the difficulty and are willing to work with her on it by laying down consistent standards

or ground rules at home and school, that will give her hope. When a teacher "has it out" with a kid, it's usually because he or she has given up. If you make the effort to work with the teacher, then he or she is less likely to give up. At worst, it's one school year, right? Again, your kid won't break. Trust me.

I had plans with my guy friends tonight, without my baby. But the sitter fell through and it's all on me. I don't know what to do.

When you have a baby, that's when you realize who your true friends real-

ly are. If the plans are unchangeable, then they will do their thing without you and not sweat it, and you will stay home and take care of the baby. Suck it up, dad. This comes with the territory. If plans are changeable, your friends will come over and have a few drinks with you before continuing on with their evening. Yes, you can drink in moderation with your kid in the house. You are a responsible adult, remember?



For more information check out busydadblog.com.

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I DID IT,
I HAD TO ASK
FOR A FORK.”



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Think Pink



October marks Breast Cancer Awareness Month

Breast cancer doesn't just touch women diagnosed with this illness; it also impacts their partners, children, other family members, close friends and wider communities. The good news is that the breast cancer death rate has fallen by more than 30 per cent since 1986 and is currently the lowest it has been since 1950. And Canadian scientists continue to make headway in areas of prevention, diagnosis, treatment and management of this disease. Pauline Anderson looks at what's here and what's coming.

Bare breast stats

Get the stats on breast cancer:

- ▶ An estimated 23,200 women in Canada were diagnosed with breast cancer in 2010 (an increase of 500 from 2009) and 5,300 died from the disease.
- ▶ On average, 445 Canadian women are diagnosed with breast cancer every week.

- ▶ One in nine (or 11 per cent) Canadian women are expected to develop breast cancer during their lifetime (by age 90).
- ▶ Breast cancer also affects men; in 2010, an estimated 180 Canadian men were diagnosed with breast cancer and 50 died from the disease.
- ▶ At present, the five-year survival rate for female breast cancer in Canada is 87 per cent (84 per cent for men), which means that women diagnosed with breast cancer

have an 87 per cent likelihood of living for five years after their diagnosis.

- ▶ Breast cancer death rates have declined in every age group since the mid-1990s.
- ▶ Of the women who undergo mammography screening, about five per cent are invited for a return visit; of these, 90 per cent are given a clean bill of health and 10 per cent undergo further investigations.

OCTOBER is
breast cancer
awareness month.

"Find out about breast cancer
when you want to, not when
you have to."

Linda Richards
Weymouth, NS
Breast Cancer Survivor

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visit www.cbcbf.org/atlantic

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Managing stress can keep you healthy

► Too much stress may help trigger events that lead to cancer ► But you can take control with these tips

While some stress may actually prevent cancer, too much may overtax the immune system and other defense mechanisms and may help trigger the cascade of cellular events that leads to cancer.

One theory is that when the body tries to cope with stress, signaling pathways are turned on, some of which may be linked with cancer.

Another type of stress — oxidative stress or the body's inability to metabolize oxygen for generating energy — may also contribute to cancer risks.

Developing ways to prevent this stress is a hot topic among cancer researchers.

What we know so far is that several factors con-

Mental health

Use mental exercises, such as meditation, imagery or visualization, to help quiet the mind and interrupt negative thought patterns.

► "With a diagnosis of cancer, the single main cause of stress is not the disease itself. It's our thoughts about it," says Cunningham. "We get this stream of dreadful catastrophic thoughts about dying and about suffering, and that drags people down."

tribute to oxidative stress and cell damage, including environmental pollutants, hydrogenated fats and cig-



► Try meditation or visualization techniques to quiet the mind and interrupt negative thoughts.

arette smoke.

Try to avoid these and stick to antioxidant-rich foods (think berries, broccoli, tomatoes, garlic and green tea).

To help deal with emotional stress, women cop-

ing with breast cancer can take advantage of the free Healing Journey program, developed by Dr. Allistair Cunningham, a clinical psychologist, and offered at various Wellspring cancer support sites.

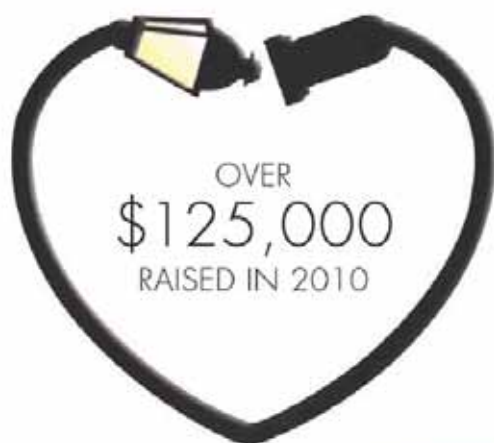
The aim of the program is to listen to each woman, help her articulate her main concerns and provide strategies for her and her family to gain some mastery over their situation, says Cunningham.

Tips for stress

Dr. Cunningham offers up some general stress management techniques.

- **Be physically active.** This not only relieves stress, but also can help prevent breast cancer recurrence.
- **Learn relaxation techniques.** Relaxing your body, one muscle group at a time, calms the mind. Do exercises like yoga and Tai Chi to relax yourself.
- **Express emotions.** This could mean talking with another person or a group of people. The Wellspring program offers support groups with a leader so each woman gets a chance to tell her story.
- **Start a journal.** Writing down your thoughts and emotions can help you sort them out and better deal with them.

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Eating to beat breast cancer

► In addition to self-examination and screening, experts agree that you can make lifestyle choices to reduce your risks of breast cancer

When it comes to beating breast cancer through diet, there's emerging research showing the possible cancer-fighting abilities of foods that contain plant compounds.

It appears that these chemical substances, such as polyphenols, might inhibit cell cycles, reduce cell proliferation or induce apoptosis (cell death). Foods rich in polyphenols include unrefined fruits and vegetables (anything brightly coloured) as well as whole grains and legumes.

Experts are concerned, though, that foods such as

flaxseed, soy and soy byproducts like tofu that contain phytoestrogens may cause estrogenic stimulation, which is linked to breast cancer.

However, women at average risk of breast cancer shouldn't worry if they eat moderate amounts of these foods. After all, Asian women, whose diet is relatively rich in soy, have a lower breast cancer risk.

A high-fat diet may also be linked to breast cancer. In a five-year study of women recovering from breast cancer, of those following a low-fat diet, 9.8



► Brightly coloured fruits indicate the presence of lots of polyphenols.

per cent saw a recurrence of breast cancer. Of those who didn't change their diet, 12.4 per cent saw a recurrence.



Vitamin D is being studied as a possible dietary tool to prevent breast cancer. A recent meta analysis suggested that by increasing

your daily dose of vitamin D, you could cut your breast cancer risk by half. Other research implicates lack of sunlight in breast cancers.

A few thoughts

About a year ago, Metro's Jodi Brown was diagnosed with breast cancer.

Visit metronews.ca/jodis-story to read about her experience from diagnosis to post-treatment.

"I'm eight weeks after treatment and odds are very, very good that I'm forever breast cancer free. But, if you are just starting this journey, here are five random insights," says Brown.

► **Hot girls get breast cancer.** You're in good company. Think Christina Applegate, Sheryl Crow, Kylie Minogue...

► **Real hair wigs are worth every penny.** Don't let anyone convince you that the synthetic hair wig at half the price will do. It won't. It gets fuzzy and awful and looks bad.

► **Eyelashes have a purpose other than batting at boys.** Who knew? Wear sunglasses when riding a bike during chemo or bugs and dust will make your eyes tear up.

► **During chemo, when your brain is fuzzy, like really, really fuzzy, remember some people feel like that ALL the time.**

► **Don't take your horoscope literally.** But keep climbing.

Weight control

Another dietary approach to preventing breast cancer is controlling your weight as you get older.

- After menopause, obese women have 1.5 times the risk of breast cancer.
- If you're overweight, lose weight through a low-calorie diet and exercise. Even a weight loss of five to 10 per cent of total weight can provide benefits.

Fight the odds with an active lifestyle

One of your best bets to beat the odds of developing breast cancer is to be physically active.

A 2006 study found that exercise lowered breast cancer risk by 12 per cent, even taking into account other breast cancer risk factors such as age and family history.

Experts suggest aiming for 30 minutes of moder-

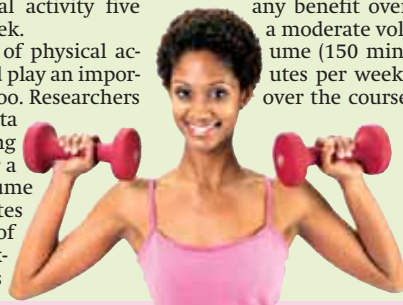
ate physical activity five times a week.

"Dose" of physical activity could play an important role, too. Researchers in Alberta are looking at whether a high volume (300 minutes per week) of aerobic exercise has

any benefit over a moderate volume (150 minutes per week) over the course

of one year.

And women who have already been diagnosed with breast cancer can reap the benefits of being physically active. Regularly walking or lifting weights reduces nausea during treatments, keeps muscles from wasting, helps control weight, and boosts energy levels and self-esteem.



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Classic and perfect for fall

Take traditional onion soup and add mushrooms for an earthy twist

The dark, rich broth and cheese-encrusted top are perfect for fending off a chilly evening.

This version adds a few more members of the onion family, a handful of herbs, as well as the earthiness of mushrooms.

Preparation:

- 1 Cut dried mushrooms into pieces; place in heat-safe bowl. Pour boiling water over mushrooms; set aside.
- 2 In saucepan over medium heat, melt 45 ml (3 tbsp) butter. Add onions and cook until well browned, stirring regularly, 15 mins. If onions begin to brown too fast, add water. When onions are browned, add wine and stir to deglaze pan. Add leeks, shallots, garlic, thyme, rosemary and 30 ml (2 tbsp) butter.



- 3 Increase heat to medium-high and cook until leeks tender, 8 mins. Add flour; stir to coat. Pour in broths, stir and bring to boil. Add steeped mushrooms, reduce heat to simmer for 10 mins. Add salt, pepper.
- 4 Heat broiler. Ladle soup into 4 oven-safe crocks. Top each with slice of bread and cheese. Arrange crocks on a rimmed baking sheet, place under broiler and

cook until cheese melts and begins to brown, 2 mins. Serve with chives.
THE ASSOCIATED PRESS

Ingredients:

- 1 pkg (60 g/2 oz) dried porcini mushrooms
- 250 ml (1 cup) boiling water
- 75 ml (5 tbsp) butter
- 3 sweet onions, sliced
- 50 ml (1/4 cup) white wine
- 2 leeks, white parts only, cleaned and sliced
- 2 shallots, chopped
- 2 cloves garlic, minced
- 30 ml (2 tbsp) each chopped thyme, rosemary
- 45 ml (3 tbsp) all-purpose flour
- 500 ml (2 cups) each chicken and beef broth
- Salt and black pepper
- 4 slices stale crusty bread
- 4 slices fontina cheese
- Chopped fresh chives

Rose Reisman's Swap It

With Chinese food, you eat, burp and eat again! It fills you out, but not up. Chicken is usually healthier than beef — but not in this case.



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Miso's mushroom treatment

There are a couple of tricks that make this soup great — and great for your weight. The soup is thick, but won't thicken your waistline the way most creamy mushroom soups will. That's because used are unctuous mushrooms, steeped to pull out flavour.

Preparation:

- 1 In saucepan, combine chicken broth, water and dried shiitakes. Bring to boil, then

immediately turn off, cover pan and let sit for 10 minutes to reconstitute mushrooms.

- 2 Use slotted spoon to remove mushrooms from liquid. Cut off and discard tough stems, then chop into chunks.

- 3 Return saucepan of broth to medium heat. Whisk in miso and soy sauce, then add reconstituted and fresh mushrooms.

rooms. Bring to simmer, cover pot, let sit 5 mins.

- 4 Remove cover and bring soup back to simmer.

Ingredients:

- 1 L (1 quart) fat-free, reduced sodium chicken broth
- 250 ml (1 cup) water
- 37 grams (1 1/4 oz) dried shiitake mushrooms
- 23 ml (1 1/2 tbsp) miso

Season with pepper, then ladle into bowls. Top each serving with scallions. **THE ASSOCIATED PRESS/ ROCCO DISPIRITO**

- paste
- 15 ml (1 tbsp) low-sodium soy sauce
- 280 grams (10 oz) mixed fresh mushrooms, such as shiitake, oyster and cremini
- Ground black pepper, to taste
- 3 to 4 scallions, sliced



► Miso soup is a great appetizer for sushi.

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Pushing the envelope

► High-tech demo homes will save owners up to \$1,200 a year on energy bills ► Massively cuts carbon footprint

JON TATTRIE
GREEN@METRONews.ca
METRO HALIFAX

Two new model homes in the Halifax area showcase high-end energy technology that will one day cut bills and carbon footprints across the country.

The homes in Lower Sackville and Dartmouth came about as the result of a challenge from the Nova Scotia Homebuilders Association to push the envelope on what's possible for energy efficient homes.

"I see this house as where we were with R2000 in the 1980s," said NSHBA CEO Paul Pettipas. "People were saying EnerGuide 80, it'll never happen. We've passed that now."

A typical new home in Canada has an EnerGuide rating of about 70. The Denim Home project has a 96 rating and the White-stone Development project is 94.

"I think in 10 years time, (builders) will make these homes for all clients," he added.

The homes cost 10 to 15 per cent more than a standard home, but will immediately bring savings by cutting energy bills.

It starts with a building envelop that insulates the home with a 10-inch cavity

Smart homes

The demo homes are also smart homes. Find out what they have.

► **The details** The lights, heating, stove and security system can all be controlled remotely via a smart phone or tablet. It will detect when you leave the house and lower the heating (including water), as well as turning off any lights or stoves you may have accidentally left on. You can also monitor your security cameras so when the delivery man rings the door, you'll get an email. You can then let him in remotely, watch him drop off the package, and lock up behind him.



"We're all used to paying for our electricity. Wouldn't it be nice to actually produce your own electricity and get some credit back?"

NSHBA CEO PAUL PETTIPAS

for a complete thermal break with the outside. Photo voltaic solar panels on the roof pre-heat the water going into the domestic system, cutting down on bills. They also produce electricity, which can be used at the house or put back into the grid for a credit against your power bill.

"We're all used to paying for our electricity. Wouldn't it be nice to actually produce your own electricity and get some credit back?" Pettipas said.

A drain-water recovery system attached to the waste-water pipe taps into the grey water — runoff from showers, dishwashers and such — to retain the energy of the departing hot water.

It all adds up to monthly energy savings in the range of \$100, as well as cutting your carbon footprint by 5,000 tons a year.

Photos, videos and more

information on both can be seen at demonstrationhomes.com.



► If you're looking to save money and reduce your carbon footprint, these homes might be for you.

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NOVA SCOTIA

4
sports

Sports in brief



THE NATIONAL BASKETBALL LEAGUE OF CANADA HAS SCHEDULED A PRESS CONFERENCE FOR TODAY IN TORONTO TO ANNOUNCE ITS COMMISSIONER. HALIFAX RAINMEN OWNER ANDRE LEVINGSTON HAS SERVED AS INTERIM COMMISSIONER SINCE THE FLEDGLING PROFESSIONAL BASKETBALL CIRCUIT ANNOUNCED ITS FORMATION IN MAY.



Scan code for more sports.

Toogood's great catch delivers Huskies win

- Saint Mary's deals Axemen first loss of season in defensive battle
- Move into tie for top spot in AUS football



► Saint Mary's Huskies running back Craig Leger carries the football in Saturday's AUS contest against the Acadia Axemen at Huskies Stadium. Leger was player of the game in the Huskies' 8-3 win, gaining 102 yards on 18 carries.



MATTHEW WUEST
@METRONEWS.CA

Matt Toogood made sure his first career start with the Saint Mary's Huskies was a memorable one.

The six-foot-two receiver caught a 51-yard touchdown pass from quarterback Jesse Mills in a rainy, low-scoring Atlantic University Sport football contest on Saturday in Halifax, lifting the Huskies to an 8-3 victory over the Acadia Axemen in a battle for first place.

Toogood's grab was the

only offensive highlight in a tight defensive game that was tied 1-1 through 41 minutes.

"This is a small step forward but this was a game we had to win to keep pace with them," said Toogood, whose Huskies, 3-1, are tied with the Axemen.

"They were already 3-0 and we knew it was going to be tough, but we got the job done."

Toogood, part of a young receiving corps that is without all-star Kevin Walsh, did a tremendous job tracking the ball in tough coverage before

coming down with the catch.

"Jesse made a great throw — the O-Line was playing great all day and gave him the protection he needed," said Toogood, who finished with a team-high three catches for 83 yards.

"He told me to just go long and I was lucky to get two hands on the ball and make the play."

The Huskies, which has allowed just 34 points through four games, allowed a single and surrendered a safety in the final minute.

best-of-seven final.

The Canadians beat the Dry 6-4 on Friday at Beazley Field. Game 2 goes Tuesday at 7:30 p.m. at Mainland Common.

● METRO

Huskies men stay undefeated

AUS SOCCER. The Saint Mary's Huskies remained

unbeaten in Atlantic University Sport men's soccer action yesterday with a 3-0 win over the Memorial Sea-Hawks at Huskies Stadium.

The Huskies are 2-0-4, tied for fourth in the league with the Dalhousie Tigers (3-3-1).

The team plays its next game on Oct. 14 when Acadia are the visitors. ● METRO

Still waiting

The Huskies are still waiting to find out if their 11-10 loss to Montreal on Sept. 17 will be overturned due to the Carabins' use of an ineligible player. The Carabins have appealed the ruling and a decision is expected some time this week.

"Defence played great," Toogood said. "It was a good game all around. We got lucky to make that play and I'm glad it was me."

Huskies women sit in second

AUS SOCCER. The Saint Mary's Huskies pulled into a tie for second spot in the Atlantic University Sport women's soccer standings yesterday with a 2-0 win over the Memorial Sea-Hawks at Huskies Stadium. Saint Mary's is 5-1. ● METRO

Grant stops Roller in lightweight debut

T.J. Grant didn't miss a beat in his new UFC weight class.

The Cole Harbour native, a former welterweight, made his debut in the lightweight class on Saturday night in Washington, D.C., and defeated Shane Roller by arm-bar submission in a preliminary match on the UFC Live 6 card.

The win improves Grant's UFC record to 4-3 in his first bout since last December. He is 17-5 overall.

There was some controversy around the referee's decision to stop the contest in the third round, as Roller argued he hadn't verbally submitted.

"He did yell out," Grant told UFC.com. "He made a pain noise. I know he did, I'm not making it up, and the ref obviously heard it as well and that's why it was stopped."

● METRO



► T.J. Grant

Moose drop two in a row

The Halifax Mooseheads have slipped below .500 for the first time this season.

The Mooseheads lost their second in a row on Friday with a 4-3 loss to the Cape Breton Screaming Eagles in Sydney. They are tied for second-to-last in the 17-team QMJHL ahead of only the P.E.I. Rocket.

The Screaming Eagles bounced back from a 3-0 deficit to defeat the Mooseheads and now lead the Maritime Division with a 6-3 record.

● METRO

Crosby doubts he'll be ready for opener

► Captain will make the trip to Vancouver, Calgary and Edmonton for the first games of the season

Sidney Crosby is expected to miss the Pittsburgh Penguins' season-opener next week because of a concussion sustained in January.

After the Penguins practised Saturday at Joe Louis Arena, the Pittsburgh captain said he didn't think there was a realistic chance he would play in Vancouver on Thursday night.

"No, I wouldn't expect it. No," he said.

Crosby hasn't played since taking hits in consecutive games four days apart. He has skated with the team since Sept. 17, but is not cleared for contact.



"Every day I just try to go as hard as I can."

SIDNEY CROSBY ON HIS RECOVERY

Crosby had 32 goals and 34 assists in 41 games last season, giving him a team-high 66 points.

"In terms of him and his rehab, I think it's positive," Penguins coach Dan Bylsma said. "We play next Thursday and it's a few short days away. We haven't progressed to the next level yet."

Penguins general manager Ray Shero also ruled Crosby out of the opener, and said there is no return date for him.

"Knock on wood, everything is progressing for him, it appears," Shero said. "On the ice he's practising hard, and that's a big part of his recovery."

THE ASSOCIATED PRESS



Winning. Catch

► Hakeem Nicks of the New York Giants snags the winning touchdown against the Arizona Cardinals yesterday in Glendale, Ariz.

NORM HALL/GETTY IMAGES

Manning leads Giants' comeback

Eli Manning, playing at the scene of his 2008 Super Bowl triumph, threw two touchdown passes in a 58-second span late in the game and the New York Giants rallied to stun the Arizona Cardinals 31-27 yesterday. The scoring passes came after the Cardinals seemingly had taken control at 27-17 on Beanie Wells' third rushing touchdown of the game with 5:16 to go. THE ASSOCIATED PRESS

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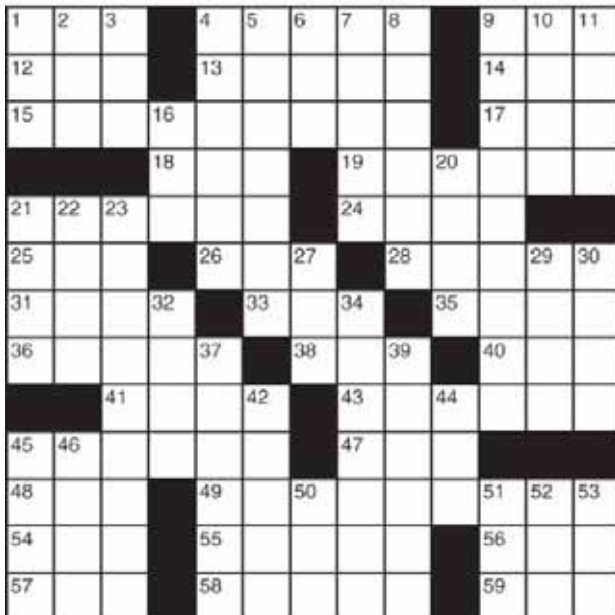
Crossword

Across

- 1 Actress Gardner
4 Vine-covered shelter
9 Owns
12 Perch
13 Wilkes—, Pa.
14 Everything
15 Surgeons' devices
17 Reason to say "alas"
18 — constrictor
19 Addicted
21 Unisex garb
24 Spheres
25 — carte
26 "Humbig!"
28 Giggly sound
31 Columns' crossers
33 AAA job
35 Play area
36 Playful water critter
38 Dowel
40 Bankroll
41 Warmth
43 Chic
45 Burn somewhat
47 Joke
48 Goof up
49 "The Old Man and the Sea" author
54 Pistol
55 Implant
56 Literary collection
57 Praise in verse
58 Rental contract
59 Workout venue

Down

- 1 Fire residue
2 Compete
3 \$ dispenser
4 Soak up



- 5 Knocking sound
6 Lingerie item
7 Lawn-care brand
8 Vacation mecca
9 Detectives
10 Lotion additive
11 Coaster
16 Kimono sash
20 Do what you're told
21 Poi root
22 Coin aperture
23 Author Nathaniel
27 Jump
29 Historic times
30 Whirlpool

- 32 Prognosticator
34 Women's shoes
37 Jennifer's "Friends" role
39 Rio —
42 Topic
44 Ovum
45 Lily variety
46 Gunky stuff
50 CEO's degree
51 Humorous sort
52 Whatever amount
53 Thanksgiving vegetable

Friday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer



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SCOOBIE

Hi maha! I know this was your idea for me, but I thought I would try and do this for you too since you do read this more. I would only hope that this message gets published before or in time of your birthday (Oct. 31st). You've been a great partner to me, despite of our down times, we definitely have our great times. Thank you for being in my life... I love you SOOO much! *muah* ^ ^

FROM KAWAII-CHAN

Patrick

Patrick I love you! ! Im not sure if I've told you enough. I dont want to much time to pass again lifes to short my friend, Just want kisses + cuddles everything else will be ok! !!

FROM STUPID GIRL

Today's horoscope

♈ Aries March 21-April 20 Life will be easier to handle this week if you can just get over the idea that everyone thinks the same way as you and shares your convictions.

♉ Taurus April 21-May 21 Matters of a routine nature will take up most of your time today.

♊ Gemini May 22-June 21 This is going to be a productive week.

♋ Cancer June 22-July 22 Go out of your way to be nice to partners and colleagues today.

♌ Leo July 23-Aug. 23 You will get the chance to move up in the

world.

♍ Virgo Aug. 24- Sept. 22 You are about to be given the chance to make amends for something you said — or something you should have said but did not.

♎ Libra Sept. 23-Oct. 23 Decide what is the most important thing you should be doing right now and focus on it to the exclusion of everything else.

♏ Scorpio Oct. 24-Nov. 22 Something will happen today that convinces you that life is good and about to get even better. Believe it.

♐ Sagittarius Nov. 23-Dec.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

21 Try not to get emotionally involved in other people's problems.

♑ Capricorn Dec. 22-Jan. 20 Something you have been working on for months, maybe years, will bear fruit this week.

♒ Aquarius Jan. 21-Feb. 18

You can do almost anything you want to do this coming week, but you don't have to do everything.

♓ Pisces Feb. 19-March 20. You will have to take on new responsibilities over the next seven days, and it's just what you need.

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CLIFF OWEN/THE ASSOCIATED PRESS

VADIM GHIRDA/THE ASSOCIATED PRESS



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